

Published based on [The Italian Cappello del Mago Cheese Review](#)

The Italian Cappello del Mago Cheese Review

This might come as a shocker, but our seemingly innocent cheddar cheese is a lot more dangerous than beef and butter. Yes, I am talking about the cheese that we put on our sandwiches and salads. It is the same cheese that puts us at a higher risk for heart attack. And no, I'm not kidding.

A study done by the Center for Science in Public Interest or CSPI revealed that, cheese is the main culprit for most American heart attacks every day. This is because Americans get too much fat from cheese.

There is one type of cheese that is an exception rather than the rule – goat cheese. Although known for its tangy flavor, goat cheese is a lot healthier than the regular cheese we have on our fridge.

Enjoy the [Cappello del Mago cheese](#) fast.

The Capello del Mago is a kind of goat cheese. It is made by the Giancula family in a small town in Italy. Every piece of the Capello del Mago is considered as a work of art. Tasting slightly crumbly and creamy, full of flavor. Plus, it tastes perfectly in the mouth with the right balance of flavor and acidity.

The Cappello del Mago cheese is shaped like a drum and is sold in per-pound wheel. It has a natural mold rind filled with healthy yellow mold. The Cappello del Mago cheese is neatly wrapped in straw and brown paper, sealed nicely by wax. The Cappello del Mago cheese has been acknowledged as the best goat cheese in Valsesina and in the Piedmont region back in 2008.

The Cappello del Mago cheese is one great alternative to regular cheese because it has low fat and calorie content. Cheese made from cow's milk has a bout 100g of calories and 10g of fat per ounce, while the Cappello del Mago cheese has only 80g of calories and 6g of fat per ounce. This makes the Cappello del Mago cheese a better choice if you are the health conscious type.

Aside from having less fat and calorie content, the Cappello del Mago cheese is also a good alternative for people who are lactose intolerant. This is because the fat molecules in goat cheese are shorter than that of the regular cheese, making them more digestible and light to the stomach. And although the Cappello del Mago cheese is low in both calories and fat, it has very high calcium content than regular cow's milk cheese.

With the Cappello del Mago cheese, you have low fat, low calories, and high calcium. Now, is that great news or what?

Find a review about the [Cappello del Mago](#).

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